

Sac County Resource Directory



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Revision of this project arose from *Sac City’s Horizons* Action Plan (currently *Partners for Progress*), funded by the *Northwest Area Foundation through Iowa State University Extension*.

Additional funds were provided by *Community Partnerships for Protecting Children for Sac and Crawford County*.

Disclaimer: The services and information in this directory are not all inclusive of the resources in our community. If you are aware of other community services you would like to add to this directory or if you know of inaccurate information listed in this directory, please contact *Partners for Progress* (page 27). Your assistance is greatly appreciated.

Financial & Income Assistance

➤ **Sac County Dept. of Human Services Office (DHS)**

Mailing Address: 608 N. Court Street, Suite C, Carroll, IA 51401

Local Office: 116 South State St., Suite B, Sac City, IA 50583

Sac City Office Hours: By appointment only

Phone (toll-free): 1-866-202-5968; Fax: 712-792-1516

Income and Resources for Meeting Basic Needs

(Income and resource/asset guidelines apply) <http://www.dhs.state.ia.us/>

- Medicaid/Title 19 – health care
- Cash Assistance (FIP – Family Investment Program)
- Food Assistance (Food Stamps)
- Child Care Payment Assistance
- Job Training Assistance

➤ **Child Support Unit**- Enforces payment of ordered child support, assists in modifying or ending a child support order when appropriate.

ph: 1-888-229-9223 (Toll Free)

Website: <https://childsupport.ia.gov/>

Supplemental Security Income (SSI)

Social Security Administration, 800 Oneida St, Storm Lake IA 50588

Social Security Administration, 818 Bella Vista Drive, Carroll, IA 51401

Phone: 866-572-8381

Hours M-T-TH-F 9:00 am – 3:00 pm W 9:00 am – Noon

National Helpline: 800-772-1213

<http://www.socialsecurity.gov/>

Monthly income available for low-income individuals who are disabled or over 65.

➤ **Sac County General Assistance**

100 N. West State Street (Courthouse, 2nd floor), Sac City, IA 50583

ph: 712-662-4552; Fax: 712-662-4552

Short-term financial assistance (i.e.: utilities, shelter, food vouchers, emergency medical); assistance in applying for other benefits.

➤ **Sac County Veterans Affairs**

100 N. West State Street (Courthouse, 2nd floor), Sac City, IA 50583

ph: 712-662-4552; Fax: 712-662-4552

Assist veterans and family members in applying for veterans benefits (ie: pension or service connected compensation, medical, death and burial, education, home loan, life insurance).

➤ **Low Income Home Energy Assistance Program**

New Opportunities Inc., Sac County Family Development Center
1708 West Main St, Sac City IA 50583
ph: 712-662-3236; Fax: 712-662-3593.

Website: www.newopp.org

9 a.m. -3 p.m. Mon-Fri or by appointment.

The Low-income Home Energy Assistance Program (LIHEAP) is designed to aid qualifying low-income Iowa households (homeowners and renters) with income at or below 150% of the Federal Poverty Guidelines. Applications are accepted on a first come/first served basis at your local Family Development Center from November 1 through April 30 (October 1 for households with elderly/disabled member).

- In the payment of a portion of their residential heating cost for the winter heating months,
- To encourage regular utility payments,
- To promote energy awareness and to encourage reduction of energy usage through energy efficiency, client education, and weatherization.

➤ **New Opportunities Financial Literacy Counseling**

New Opportunities Inc., Sac County Family Development Center
1708 West Main St, Sac City IA 50583
ph: 712-792-9266

Financial Literacy Counseling offers adults and children the opportunity to learn to build financial security. Financial Literacy is offered at no cost to families throughout New Opportunities 7 county service area.

Adults and children learn to:

Reduce debt, Build savings, Improve credit, create a budget, develop a plan to accomplish financial stability, and practice wise shopping.

➤ **Low-Income Telephone Assistance Programs**

Qualified households may obtain two kinds of assistance:

Link-up reduces telephone connection fees by 50 percent or \$30, whichever is less.

Lifeline provides a monthly credit of \$6-\$10 on the local telephone bill (amount depends on telephone service provider). *Eligibility:*

Households receiving the following benefits automatically qualify:

Medicaid, Food Stamps, SSI, Federal Public Housing, Energy assistance (LIHEAP) Temporary Assistance to Needy Families (TANF/FIP), or National School Lunch Program. Other households eligible with income < 135% of poverty level. Applications available at: the Family Development Center. VA/General Assistance office by calling your local telephone provider; or online at www.state.ia.us/iub (Iowa Utilities Board).

Other Financial Assistance/Resources

➤ **New Opportunities Inc., Sac County Family Development Center**

1708 West Main Street, Sac City IA 50583

ph: 712-662-3236; Fax: 712-662-3593

Website: www.newopp.org

9 a.m. – 3 p.m. Mon-Fri or by appointment

New Opportunities, Inc. offers Energy Assistance (LIHEAP), Food Pantry, SHARE, and a variety of other assistance programs, including:

Clothes Closet: used clothing available at very low cost

Christmas Angel Tree: gifts for families in need.

➤ **Sac City Welfare Board**

Make contact through local churches (page 23) or other agencies.

Modest funding to assist with essential financial needs of individuals and families with Sac City addresses, when no other resources are available.

➤ **Sac City Corrective and Loan**

ph: 712-662-7660 or 712-662-3255

Meets medical or other needs of Sac City school children, through individual assistance OR working in partnership with other agencies.

➤ **Iowa Health and Wellness**

Website: <http://www.ime.state.ia.us/>

Health Care Assistance: Do you have questions about applying? You can apply online-, by phone, by mail, or in person at your DHS office (page 2).

Questions on Medicaid and Health Care Coverage: If you're new to Medicaid and looking for information about health care coverage options, call the Department of Human Services Contact Center toll-free at 1-855-889-7985, Monday – Friday, 7:00 am – 6:00 pm.

➤ **Iowa Marketplace**

Individuals and small businesses can use the Marketplace to purchase affordable health insurance from a choice of products offered by qualified health plans. The Marketplace will also coordinate eligibility and enrollment with Medicaid and CHIP (the *hawk-i* program).

Website: HealthCare.gov

ph: 1-800-318-2596

Housing Assistance

➤ **Weatherization**

New Opportunities Inc., Sac County Family Development Center
1708 West Main Street , Sac City IA 50583
ph: 712-662-3236; Fax: 712-662-3593
Website: www.newopp.org

Minor home improvements to reduce residential energy costs, available to homeowners and to renters. Typical steps include blowing insulation; sealing doors; duct sealing; and basic heating repair. Education given on use and maintenance of improvements made.

➤ **Region XII Regional Housing Authority**

PO Box 663, 320 E 7th Street, Carroll IA 51401
ph: 712-792-5560

Section 8 rental housing vouchers available to households meeting income guidelines, for use in paying for housing that meets rental guidelines and inspection.

➤ **Region XII Council of Governments**

1009 East Anthony St, PO Box 768, Carroll, IA 51401
ph: 712-792-9914; www.region12cog.org

Housing assistance to benefit low to moderate income home buyers or home owners, including a Revolving Loan Fund for home repairs, and down payment assistance. Region XII COG also assists communities with housing issues on a larger scale.

➤ **Buena Vista County USDA Rural Development**

1619 North Lake Ave, Storm Lake, IA 50588
ph: (712) 732-1851; Fax: 855-251-2245
www.rurdev.usda.gov/ia/rhs.html
Mon-Fri, 8:00 - 4:30

Home Repair Assistance. Very low-cost loans available to make needed home repairs or renovations. In some cases grants are also available. Income guidelines apply.

Home Buyer Program. Low-cost home loans with no down payment required available for purchase of homes in rural areas (including small towns). Income guidelines apply.

➤ **Senior Housing**

Housing available with rents determined on a sliding fee scale in proportion to income.

Meadowlane Apartments

214 So. 21st Street, Sac City, IA 50583

ph: 712-660-7821

Brookridge Apartments

South 16th Street, Sac City, IA 50583

ph: 712-792-7800

Westview Apartments

South 16th & Gishwiller, Sac City, IA 50583

ph: 712-662-7827 or 712-662-4755

Food Resources

➤ **Food Assistance (Food Stamps)**

See Department of Human Services, p. 2

➤ **WIC (Women, Infants and Children)**

New Opportunities Inc.

ph: 712-792-9266 or 800-642-6330

WIC provides coupons to buy milk, cheese, baby formula, fruit juice, cereal, and other healthy foods, along with nutrition information. For pregnant, breastfeeding, and post-partum women, or families with children under 5; income guidelines apply. Phone contact is in Carroll, but WIC appointments and clinics are held in Sac County.

➤ **Food Pantry**

New Opportunities Inc., Sac County Family Development Center

1708 West Main Street, Sac City IA 50583

ph: 712-662-3236; Fax: 712-662-3593

Website: www.newopp.org

9 a.m. – 3 p.m. Mon-Fri or by appointment

Free food package available to families in need on a limited basis.

➤ **Summer Lunch Programs**

---- Free summer lunch program available June - August Sac City Recreation Center. The program is open ages 2 to 18 yrs.

Serving time is from 11:30 to 12:30 Contact: Barb Bloes 712-830-2485

----Join us for a free breakfast and lunch! Open to all children and teens

1-18. No registration or identification is required. Schaller-Crestland

Elementary (Schaller) Ridge View Middle (Early) June 2 to August 1 Mon

– Fri. Lunch 11:00 am – 12:00 pm Contact Julie Evan

juevans@rvaptors.org or 712-273-5185.

➤ **SHARE**

New Opportunities Inc., Sac County Family Development Center
1710 West Main Street, Sac City IA 50583
ph: 712-662-3236; Fax: 712-662-3593

Website: www.newopp.org

9 a.m. – 3 p.m. Mon-Fri or by appointment

Share is a private, not-for-profit organization that strengthens communities by promoting volunteerism. SHARE offers up to 50% savings on nutritious food packages purchased in bulk at wholesale prices. Anyone who volunteers 2 or more hours a month anywhere in the community is welcome to participate. There are no income guidelines. Make the most of your food dollar by purchasing a high-quality, economical food package that meets your needs.

➤ **Congregate Meals**

Sponsored by 60+ Nutrition Agency and Elderbridge Agency on Aging.

- Sac City Senior Center: Tourgee & Main St; 712-662-7919
- Wall Lake Community Center: 108 Boyer St.; 712-664-2984
- Odebolt Community Center: 116 E. 2nd St; 712-668-2223
- Lake View: Eilert Auen Post, 310 Main St; 712-665-4005 (10-1P)
Reservation 657-8547
- Auburn City Hall: 209 Pine St; 712-688-2264

Nutritious lunch provided Monday-Friday. Call the meal site to make a reservation a day in advance and to determine the time the meal is served. For eligible diners (persons 60 and older, his/her spouse and dependents with disabilities) meeting income guidelines, a half-price donation is suggested. For eligible diners with income above guidelines, a full-price contribution is suggested. For those under age 60, full price applies. Food stamps can be used. Call to find out current price.

➤ **Home-delivered Meals**

712-662-7919 – Sac City; 712-668-2223- Odebolt;

712-664-2984 – Wall Lake, Lake View; 712-688-2264-Auburn

Nutritious lunch delivered to home Monday –Friday. Call the meal site a day in advance to schedule delivery. Suggested contributions are the same as congregated meals. Food Stamps can be used. Diner must meet nutrition program homebound criteria to receive a home-delivered meal.

Employment

➤ **Iowa Works of Carroll**

619 N Carroll St, Carroll IA 51401;

ph: 712-792-2685

8:30 a.m. – 4:30 p.m. Hrs: M, T, Th, F and Wed 9:00 – 4:30

Primary services: job placement, job insurance fi ling, services for veterans, labor market information, re-employment services.

Additional services: pre-employment training, skills assessment, resume writing, on-the-job training, at-risk youth. A **Resource Center** is available Monday-Friday 8:30 a.m. – 4:30 p.m. for use of computer equipment.

➤ **Connection Center at Goodwill**

229 W. Milwaukee, 50588

ph: 712-749-5146 Hrs: M – F 10:00 am – 6 pm

Education: resume and cover letter preparation, job postings, workshops, application assistance, and interview preparation.

Technology: available computers, Wi-Fi Access, free printing and local faxing, multi-media projection screen, Windows 7/Office 2010.

Networking: Community resources, employment resources, free online learning, job search sites, career fairs, and resource room.

➤ **Job Corps**

National Info-Line: 800-733-JOBS; (800-733-5627)

<http://recruiting.jobcorps.gov>

Denison Job Corps Center

10 Opportunity Dr, P.O. Box 610, Denison, IA 51442

ph: 712-263-4192; Fax: 712-263-6910

Education and training of young persons: ages 16-24, solo parent program on site.

For application information: contact one of the numbers above.

Transportation

➤ **Western Iowa Transit System**

Region XII Council of Governments, 712-792-9914

www.region12cog.org

Sac City Contacts: (712) 830-0806; (712) 830-6441

Auburn Contact: (712) 688-2203

Door-to-door transportation services with flexible schedules to meet the needs of its riders. Per trip fee applies. Sixty buses and vans serve Audubon, Carroll, Crawford, Greene, Guthrie, and Sac Counties. Most of our buses are ADA accessible. Contact one of the above numbers at least 24 hours prior to the needed ride. Available to **all citizens**

Family Safety

➤ **Reporting Child Abuse and Dependent Adult Abuse**

Iowa Department of Human Service Centralized Intake -

Child/Dependent Adult Abuse Hotline (24 hours/day): 800-362-2178

➤ **Centers Against Abuse & Sexual Assault (CAASA)**

Crisis line 877-362-4612, You may call to make an appointment at 712-225-5003 CAASA provides crisis services to victims of sexual abuse in Sac County. These services include a 24 hour crisis line, crisis counseling and advocacy for adults and children, support groups for adults and children, shelter, medical and legal advocacy, school outreach and violence prevention programs, community education and information programs, and professional education. All services *free* and *confidential*. CAASA counselors available in the Sac City Annex.

➤ **Family Crisis Centers –Domestic Abuse Services**

1-800-382-5603

<http://www.familycrisiscenters.org/>

Serving victims of domestic violence. Free and confidential services. 24 hour hotline.

- ✓ Crisis counseling
- ✓ Emergency & transitional housing
- ✓ Information and referrals
- ✓ Legal and personal advocacy

Health

➤ **hawk-i (Healthy and Well Kids in Iowa)**

hawk-i health care coverage for uninsured children of working families.

Low or no cost. The **hawk-i** program offers dental only coverage for children who have health insurance but may not have dental coverage.

ph: **800-257-8563** (Mon–Fri, 8 a.m.-7 p.m.)

Website: <https://www.healthcare.gov/>

To qualify, a child must live in Iowa and:

- Be under 19 years old
- Have no other health insurance (including Medicaid)
- Be a citizen of the United States or a qualified alien
- Be in a family that meets the hawk-i income limits
- Cannot be the dependent of a State of Iowa employee

➤ **Sac County Health Services (Public Health)**

Courthouse Annex, 116 South State St, Suite A, Sac City IA 50583

Office Hours: Mon – Fri, 8:00-4:30; On-call 24/7

ph: 712-662-4785; or toll-free 800-967-3984; Fax: 712-662-7862

Email: sacphns@prairieinet.net

Web: <http://www.saccounty.org/health-services>

Home Health Care and Homemaker Services: for people of all ages, provided by Registered Nurses, Therapists, and/or Home Care Aides.

Payment options: Medicare, Medicaid (Title 19), Private Health

Insurance, Client/Private Pay/Sliding fee scale, State Grant, Veterans Administration, Elderbridge, Worker’s Compensation.

* No patient is denied home health care if they are unable to pay a fee.

Hypertension Screening: Free blood pressure screening on a walk-in basis every Wednesday afternoon at our office. Screening also available at scheduled outreach sites. Call for more information.

Immunization Clinics: Third Thursday of every month, 3-4:30 p.m.

Alternate appointments also available. Call for information.

- Vaccinations free for children (birth through 18) who are on Medicaid, uninsured, underinsured (have health insurance, but do not have vaccination coverage), or American Indian or Alaskan Native. Children with health insurance or HAWK-I coverage are referred to family physician. Donation requested for nurse time & supplies.
- Adult immunizations (Hepatitis B, Hepatitis A, Tetanus, Flu, & Pneumonia) are also available. There is a charge per vaccination

Sac County Health Services Continued:

TB testing available on request. Fee applies. Call for appointment.

Healthy Feet Clinics: skilled foot care for persons who have difficulty performing regular foot care due to visual or other physical limitations. Foot care clinics are provided at various sites throughout Sac County. A \$20.00 donation is requested; however, no one will be denied service due to an inability to pay. Call for clinic times and locations.

Sac County Coordinated Intake: Coordinated access to home-based prenatal instruction and child and family support services see page 22.

Family STEPS: in-home visitation for prenatal – age five see page 22.

➤ **Loring Hospital**

211 Highland Ave, Sac City IA 50583

ph: 712-662-7105; fax: 712-662-3297

www.loringhosp.org

Loring Hospital in Sac City, Iowa, is a 25-bed Critical Access Hospital serving the health care needs throughout Sac County and bordering Iowa counties.

The following services are available at Loring Hospital: Cardiac Rehab, Emergency Services, Laboratory, Nursing Services, Pharmacy, Pulmonary Rehab, Outpatient Services, Radiology Services, Respiratory Therapy, Physical Therapy and Rehab, Surgical Services and an independent senior living facility.

Outpatient specialty clinics include: cardiology, ear nose and throat, general surgery, nephrology, orthopedics, sports medicine, oncology, physiatrist, podiatry, and urology.

Other community services include Lifeline, CPR and first aid classes, mandatory abuse courses, diabetes education, nutrition education, community wellness screenings, and more.

➤ **Manage Care Organizations (MCO)**

Most Iowans who get their health care from Medicaid will switch to a new managed care program called IA Health Link on April 1, 2016. Your care will now be covered by a managed care organization (MCO), or health plan, that you choose. Your plan will provide benefits for health care services from a network of doctors and other providers that work with your MCO.

AmeriHealth *Caritas* phone: Office 515-414-0071

<http://www.amerithealthcaritasia.com/>

Amerigroup phone: 1-800-454-3730

<https://providers.amerigroup.com/IA/Pages/ia.aspx>

Unity Point Health phone: 888-584-6311

<https://www.unitypoint.org/iowa-medicaid-changes.aspx>

➤ **New Opportunities Inc.**

Contact: 800-642-6330 or 712-792-7921 Main office 712-792-1344
www.newopp.org

Maternal Health Program: New Opportunities Maternal Health Program provides nursing and social assessments to pregnant and post-partum women living in Audubon, Carroll, Dallas, Guthrie and Sac Counties.

- Prenatal and post-partum health education
- Perinatal depression screening and referral
- Referrals to community resources
- Nutrition counselling
- Family planning counseling
- Interpretation services available upon request

Care for Kids Program (Child Health)

New Opportunities, Care for Kids Program – an Early Periodic Screening, Diagnosis & Treatment (EPSDT) program –serves all residents in Audubon, Carroll, Dallas, Guthrie, and Sac Counties. The focus of our EPSDT, *Care for Kids*, is to link individuals up to age 19 to:

- Preventive health care, including regular medical, dental, vision, and hearing checkups;
- Treatment for health problems identified during regular check-ups;
- Treatment for health problems identified during regular check-ups that includes health care specialist and mental health services;
- Assistance with overcoming barriers to health care, such as transportation and interpretation services;
- Community resources that help to improve the health and well-being of individuals in the program (WIC, Early ACCESS, parenting classes, child care assistance, housing assistance, etc.)

Child & Adolescent Health Program: Pays for Well Baby/Well Child exams and Pre-school, Kindergarten, and sports physicals with family physician or pediatric nurse practitioner; provides dental screening; psychosocial screening and referrals; and more. Eligibility: birth to age 21, below 200% of Federal Poverty level.

New Opportunities Inc. continued:

Childhood Lead Poisoning Program: The Childhood Lead Poisoning Program works with children age 6 and under to reduce the prevalence of lead poisoning in Audubon, Carroll, Dallas, Guthrie, and Sac Counties and includes:

- Testing to identify lead-poisoned children.
- Providing medical and environmental case management to children identified as lead-poisoned.

Health Services Program

New Opportunities Inc. 2371 Highway 30E, Box 427, Carroll, IA 51401
Call for appointment: 800-642-6330 ext. 206, or 712-792-1344
Sliding fee scale, insurance accepted. Pap Smears & Breast Exams, Pregnancy Testing, Prenatal Education, Birth Control, STD/STI Testing.

Family Planning For Women and Men

Reproductive Health:

- Birth control exams and supplies
- Tests and treatment for sexually transmitted diseases
- Cancer screening; Pap smears and breast exams
- Infertility exams, counseling, and referral
- Test for high blood pressure and anemia
- Pregnancy tests
- Health Education

I-Smile Program

The I-Smile Program provides oral health screenings; oral health education; nutrition education relating to oral health; fluoride varnish application; and a referral to a dentist for comprehensive dental needs. The program targets pregnant women and children under the age of 21 residing in Audubon, Carroll, Dallas, Guthrie, and Sac Counties. Contact the I-Smile Program at 1-800-642-6300 for additional information.

➤ **United Community Health Center**

715 W. Milwaukee Ave, Storm Lake IA 50588

ph: 712-213-0109 or 855-871-0109 Fax:712-213-0186

Website: <http://www.uchcsl.com/>

Health appointments Monday-Saturday, some evening hours

Appointments recommended; same day scheduling available.

General primary and preventative health care for children and adults, including well-child and well-adult exams, sports physicals, vaccinations for children and adults, family planning, laboratory and low-cost pharmacy services. Spanish and Sudanese interpreters and language line available. Full Dental Services available M-F.

Payment options: Private insurance, Medicare and Medicaid accepted.

Sliding fee scale for those without insurance (bring one month's pay stubs or last year's tax return to determine fee).

➤ **Sac County 911 Zoning & Environmental Health Department**

Courthouse Annex, 116 South State St, Suite A, Sac City IA 50583

ph: 712-662-7929

- Conducts inspection and licensing for: swimming pools; tanning beds; tattoo establishments.
- Indoor air quality awareness program (Radon information & testing)
- Conducts nuisance investigations
- Water-quality services: permits for drilling wells; well permits for onsite waste water and disposal systems; well water testing for private wells; administers grant dollars for well plugging.
- Building Permits

➤ **1st Five Healthy Mental Development Initiative**

New Opportunities Inc., 23751 Hwy 30E, PO Box 427, Carroll, IA 51401

ph: 712-792-9266; fax: 712-792-1457

Website: www.idph.state.ia.us/1stfive/ or

http://www.newopp.org/en/programs/health_services/1st_five/

Program: Physician referred care coordination services for children ages 0-5 and their caregivers Participants have demonstrated a developmental concern or have expressed family stress, depression, or lack of resources. Children and their families are then linked with community resources for guidance and support.

Mental Health

➤ **Rolling Hills Community Services**

Chief Executive Officer address: 605 Cayuga Street Storm Lake, IA 50588

ph:712-749-2566

Rolling Hills Community Services Region is committed to ensuring access to high quality, value-added community-based services for all eligible citizens within our communities that encourage resiliency, stability and growth.

Turning Point Crisis Home 900 Early Street, Sac City IA 50583

ph: 712-662-8055

➤ **Counseling Services, LLC**

322 South 13th Street, Sac City, Iowa 50583

ph: 712-662-3222; fax: 712-662-3329

Office Hours M-F 9:00am-5:00pm & evening by appointment.

24-hour crisis calls accepted.

All types of outpatient counseling provided. Outpatient individual, couple and family counseling and assessment services. Psychiatric assessment and medication management also provided. People with substance Abuse and co-occurring issues are welcome.

Payment options: sliding fee scale for eligible Sac County residents; private insurance, Medicare, Medicaid accepted. Sac County residents are not denied services because of inability to pay.

➤ **St. Anthony Mental Health Services**

St. Anthony Regional Hospital

405 S. Clark Street, Carroll, IA 51401

ph: 800-562-6060 - available 24-hours for crisis and non-crisis calls

Outpatient Services (712) 794-5435

Inpatient and outpatient care for a variety of mental health needs, including psychiatric consultation and treatment along with counseling for individuals, couples and families.

➤ **Cherokee Mental Health Institute**

1251 West Cedar Loop, Cherokee, IA 51012

712-225-2594 (24 hours a day)

Inpatient treatment for adults, adolescents and children who are in need of acute psychiatric service. Adolescent and children age 7-17 served. Services available only upon referral by a county's CPC (Central Point of Coordination for mental health services); in Sac County contact Sac County Support Services (712-662-7998).

Addictions

➤ **New Opportunities Inc.**

1710 West Main, P.O. Box 329, Sac City, IA 50583-0329

Ph: 712-662-7921 Fax: 712-662-8020

Website: www.newopp.org

Only open on Monday & Wednesday

For appointments call Carroll office (712) 792-9266 M-F

23751 Highway 30 East: PO Box 427

Carroll, IA 51401

Treatment Services:

Individual and group outpatient treatment for adults and adolescents dealing with substance abuse or addiction. Family and concerned person counseling services also available. *Payment options:* sliding fee scale; private insurance, hawk-I, Medicaid accepted. Standard fee for Assessments and Evaluations.

Prevention Services: contact 712-792-9266

Education designed to prevent tobacco use and drug and alcohol abuse. Programs available for: school-aged youth; adults (including workplace education); and for communities through Coalitions.

➤ **Compass Pointe**

824 Flindt Drive, Suite 104, Storm Lake IA 50588

ph: 712-732-5136 Fax: 712-732-5136

Mon 8:00am -7:00 pm; Tues 9:00 am- 7:30 pm; Wed 7:30 am -6:00 pm;

Thurs 7:30 am -5:30 pm Closed Fri-Sun

Website: <http://www.compass-pointe.org/>

Outpatient substance abuse treatment services (individual and group treatment). *Payment options:* Sliding fee scale. Private insurance, hawk-i, Medicaid accepted. Call for appointment Standard Fee for Assessments and Evaluation

➤ **Alcoholics Anonymous**

Mondays, 8:00 p.m., Court House Annex, 116 S. State St, Sac City

➤ **Gambling Hotline: 800-BETS-OFF (800-238-7633)**

24 hours/day, 7 days/week

Information and referrals for gambling concerns – for yourself or others.

Disability

➤ **Rolling Hills Region**

515 Court Street, Rockwell City, IA 50579

ph.: 712-297-5292

Provides services for people with chronic mental illness, mental retardation and some developmental disabilities. Advocate and refer, coordinate services, and organize funding for mental health care and supportive services (such as employment, housing, transportation, financial assistance).

➤ **Howard Center, Inc.**

1319 Early Street, PO Box 250, Sac City IA 50583

ph.: 712-662-7844; fax: 712-662-7374

E-mail: howrdctr@mchsi.com

<http://howardcenterinc.org/>

Comprehensive range of services to assist individuals with disabilities to be as independent as possible, including: supported community living; respite care; community supervised living; pre-vocational services; supported employment; home and vehicle modification; consumer directed attendant care; and more.

➤ **Iowa Vocational Rehabilitation Services (IVRS)**

619 No. Carroll St., Carroll. IA 51401

Office hours: 8:00 am -4:30 pm Monday-Friday

ph: 712-792-9351; Fax 712-792-4460

Website: <http://www.ivrs.iowa.gov/>

Assists individuals who have disabilities to reach their employment goals. Appointments are needed. Call the Carroll office for appointments in Sac County. *Eligibility:* An individual must have a disability that affects his/her ability to be employed and must need rehabilitation services in order to work.

➤ **ARC, Sac County Association for Retarded Citizens**

Contact: 712-664-2536

Information and resources for mentally challenged Sac County citizens.

Older Adults

➤ **Elderbridge Agency on Aging**

603 N. West Street, Carroll, Iowa 51401

ph: 712-792-3512 or 800-243-0678 OR elderbridge@elderbridge.org

7:45 a.m.- Noon 12:20 pm - 4:15 p.m. Monday-Friday

Website: <http://www.elderbridge.org/>

Eligibility: Persons 60 years of age or older and their families
Information, assistance, case management and/or advocacy for a full range of senior needs. Informational meetings and programs for seniors. Provides funding to other organizations that provide services including: adult day care, chore, congregate/home delivered meals, homemaker/personal care, legal assistance, medication management, mental health counseling, respite, senior health, and transportation.

➤ **Senior Health Insurance Information Program (SHIIP)**

1-800-351-4664 or www.therightcalliowa.gov

Hours: 8:00 am – 4:00 pm M-F

Telephone consultation and free publications to provide information about the insurance questions faced by older adults, including: Medicare coverage, Medicare Supplement Insurance Policies, Medicare Part D, Long-Term Care Insurance. In person conferences available

➤ **Chore Services**

New Opportunities Inc., Sac County Family Development Center

1708 West Main Street, Sac City IA 50583

ph: 712-662-3236; Fax: 712-662-3593

Website: www.newopp.org

Financial assistance to pay for yard work and snow removal for individuals age 60 and over. Funded by Elderbridge Agency on Aging. Some seniors age 65 and over qualify for additional assistance (minor home repairs, heavy cleaning) through a Medicaid-funded program.

➤ **Experience Works, Inc.**

Website: www.experienceworks.org

Senior community service employment program for people 55 and over, who are unemployed or have low incomes (125% of poverty or less). Experience Works offers job search help and on-the-job training.

➤ **Iowa Department on Aging**

Department of Elder Affairs, 800-532-3213 or 515-725-3333

Website: <https://www.iowaaging.gov/>

Handbook For Older Iowans -A comprehensive easy-to-read booklet with basic information about health care, long-term care insurance, financial benefits, powers of attorney, wills and trusts, funeral laws, consumer protection, age discrimination, more. Published by the Young Lawyers Division of the Iowa State Bar Association, revised periodically. Search website for *Handbook for Older Iowans* for a downloadable copy or call for a free copy.

➤ **Proteus**

409 Kenyon Road, Fort Dodge IA 50501

ph: 800-798-8225

Basic education, vocational training and other program services to assist eligible seasonal and migrant farm workers and/or their dependents to acquire full-time non-seasonal jobs that offer financial stability.

Proteus also helps to stabilize workers' seasonal agricultural employment through local delivery of supportive services.

Sac County Government Offices

100 N W State Street, Sac City, IA 50583

Driver's License (renew driver's license) 712-662-4578

Treasurer (taxes) 712-622-7411

Pre-school and Child Care

➤ **Child Care Resource and Referral**

Mid-Sioux Opportunity Inc., 418 Marion, Remsen IA 51050

ph: 877-216-8481

Call to receive information and referrals for families seeking child care in their community. Information on child care assistance and other family support services for income-eligible families. Online web referrals for child care is also available at www.iowaccrr.org.

Local Child Care Consultant: 116 South State, Sac City, IA 50583

ph: 712-662-4255 or 712-660-0687– variety of child care issues

including business management and quality ratings. Appointments needed. Services provided via site visits, phone consultation, email, workshops.

➤ **Child Care Nurse Consultant**

Calhoun County Public Health - Child Care Nurse Consultant:

Ph:712-297-8323 – health and safety issues/trainings in early care and education environments.

➤ **Registration/Licensing for Child Care Homes and Centers**

Department of Human Services

Mailing Address: CCAU 1305 East Walnut St, Des Moines, IA 50319

ph: (toll-free): 866-448-4605

http://www.dhs.state.ia.us/Consumers/Find_Help/A-Z_Services.html

➤ **Child and Adult Care Food Program**

New Opportunities, Inc., 800-642-6330 or 712-792-9266

Website: www.newopp.org

Subsidizes healthy meals and snacks in participating registered child care homes and licensed child care centers. Child care providers: call for information on how to participate.

➤ **Early Childhood Developmental Screenings**

Prairie Lakes Area Education Agency

824 Flindt Drive, Suite 105, Storm Lake IA 50588

ph: 712-732-2257, ext. 2036; or 866-503-4636, ext. 2036

Website: <http://www.aea8.k12.ia.us/>

Free screenings for children from birth to age 5 when concerns are present or developmental delay is suspected. Screenings include complete evaluations, problem-solving and recommending services where appropriate.

➤ **Head Start**

New Opportunities Inc., Sac County Head Start

1408 Robbins Street, Sac City IA 50583

ph: 712-830-1326

Website: www.newopp.org

Head Start is a federally funded preschool program for children age three and four by September 15 of the school year. The program offers comprehensive services to enrolled children and their families. Children at Head Start receive nutritious meals, active learning experiences and dental and health gives, support is offered for children with disabilities. Families of enrolled children are encouraged to become involved and are connected to resources and community services as needed. The Head Start program is child-focused with the overall goal of increasing the school readiness of young children. Income guidelines apply.

➤ **Kid's World, Inc.**

Kid's World Inc.

1408 Robbins Street, Sac City, IA 50583

ph: 712-662-7259

Website: <http://frontiernet.net/~kwsc/index.html>

Kid's World provides child care and preschool programs. Kids World has a 4 star rating with the state of Iowa's, Iowa Quality Rating Scale, and is licensed with the Department of Human Services. The purpose of the center is to provide high quality child care in a safe and nurturing environment that promotes the development of the "whole" child while responding to family's needs.

➤ **Buena Vista, Crawford, Sac, Early Childhood Iowa**

116 South State Street, Suite 4, PO Box 204 - Sac City, IA 50583

8:00 am 4:30 pm Monday-Friday

ph: 712-662-3880

Website: bvcsempowerment.com

The BVCS Early Childhood Iowa 3-County Board provides funding to early childhood programs for children prenatal through age five through a Request for Proposal process.

Preschool Tuition Scholarships

Financial assistance in paying for 4-year-old preschool tuition to a local preschool. Sliding fee determined by income. Application required available at participating preschool, BVCS ECI website, or calling the office.

➤ **Early ACCESS**

Prairie Lakes Area Education Agency

824 Flindt Drive, Suite 105, Storm Lake, IA 50588

Ph: 1-888-425-4371

Website: <http://www.earlyaccessiowa.org/>

Early ACCESS serves children under 3 years of age; who have a health or physical condition that affects his or her growth and development; or have a delay in his or her ability to play, hear, see, talk, or move. There are many services and resources to help your child and family.

Children and Youth

➤ **Family STEPS Program**

Sac County Health Services, 116 South State St, Suite A, Sac City, IA 50583

ph: 712-662-4785 Fax: 712-662-7862

Website: www.SacCountyHealthServices.com

Free home visits providing support and education to expectant parents and to parents with children up to age 5. Designed to help provide children a healthy start and to reduce the stress associated with the birth of a baby. No income guidelines.

➤ **Family Development and Self-Sufficiency (FaDSS)**

Family Resource Center, 502 W 7th St., Carroll, IA 51401

Monday-Friday, 8 am - 4:30 pm

ph: 712-792-6440 or 800-999-5101; Fax: (712) 792-3435

Website: www.carrollfrc.org

FaDSS is a state-sponsored program to help families who are receiving FIP work to become self-sufficient, through home visits and work with a Family Development Specialist. *Eligibility:* Adult member of household must receive FIP (cash assistance through DHS). Call for appointment.

➤ **Family Support Coordinated Intake (State Level):**

ph: 1-888-IAKIDS1 (1-888-425-4371) or email: earlyaccessia@vnsdm.org

Coordinated Intake is to provide coordinated access to home-based prenatal instruction/child and family support services. Families prenatally and or with children through age five years of age to ensure appropriate referrals, prevent duplication of services, and identify and address gaps in services. Information specialists are available via telephone and e-mail, Monday through Friday, 8:00 a.m. to 7:00 p.m.

➤ **Iowa Kids Net**— adoption, foster care.

<http://www.iowakidsnet.com/>

Lutheran Services in Iowa, 205 S 7th St, Denison, IA 51442

Phone: 712-263-9341

Fax: 712-263-6061

M- F 8:00 am – 4:30 pm

Website: <http://lsiowa.org/>

Behavioral Health Intervention Services (BHIS), family preservation, foster care services, Iowa's Kids net (adoption), pregnancy prevention.

➤ **Child/Dependent Adult Protection** - report suspected

Abuse at: Statewide Child/Dependent Adult Abuse Hotline (24 hours/day)

1-800-362-2178.

➤ **Parent Partners** - mentors families currently involved with

DHS for child protection issues and work directly with child welfare.

Phone. 712-304-1433 email: sarahz@cfiowa.org

➤ **Sac County Mentoring**

New Opportunities Inc.,
1710 West Main, PO Box 329, Sac City IA 50583
ph: 712-662-7921
Website: www.newopp.org

New Opportunities Sac County Mentoring Program professional staff train adult & peer volunteers and support the one-to-one mentoring relationship. Open to children ages 5-17. A positive one-to-one mentoring relationship creates a special bond and can help build self-esteem, develop strong values, and provide a fun and nurturing environment. Call to refer a child to the program or volunteer to become a mentor and make a difference in the life of a child!

➤ **Quakerdale**

1500 W. 3rd Street, P.O. Box 366, Manning, IA 51455
ph: 712-655-2012
<http://www.quakerdale.org>

Counseling Services; include therapeutic session in home or office for individuals or families. Family Team Meeting; a facilitator helps families create a support plan to address issues they are facing. Assessment Services; mental health screenings of child and family strengths, concerns and service planning recommendations. Residential Services; provide a structured environment with services necessary to contribute to resolution of a child's placement outside of the home. Community Groups; designed to prevent and reduce juvenile crime and to assist youth to live in their community. Dream Team; assist transitional youth to help them meet their goals for self-sufficiency.

➤ **Juvenile Court Services**

Calhoun County Court House, 416 4th Street, Suite 5 Rockwell City, 50579
ph: 712-297-5907 Hours: Monday-Friday, 8-4:30
Supervises court-ordered services for youth.

➤ **Decat/CPPC
(Community Partnership for Protective Children)**

608 N Court, Suite C, Carroll, IA 51401
Phone: 712-792-4391 ext. 239
Email: msscott@dhs.state.ia.us

Crawford/Sac Board funding programs for children 5-18 years. Call for information about Community Based Family Team Meetings. Local Planning Groups meet bi-monthly in Sac City.

Education

East Sac County (Auburn, Lake View, Wall Lake, Sac City)
<http://www.eastsac.k12.ia.us/>

- East Sac County Elementary – Sac City
400 S 16th St, Sac City, 50583
ph: 712-662-7200
- East Sac County Elementary – Wall Lake
207 Boyer, Wall Lake 51466
ph: 712-664-2627
- East Sac County Middle – Sac City
300 S 11th St, Sac City, 50583
ph: 712-662-3259
- East Sac County High School – Lake View
801 Jackson, Lake View 51450
ph: 712-665-5001

OABCIG (Odebolt, Arthur, Battle Creek, Ida Grove)
<http://www.oabcig.org/>

- Odebolt-Arthur Elementary & Middle School - Odebolt
600 S Maple St, Odebolt, 51458
ph: 712-668-2827
- BCIG Elementary – Ida Grove
403 Barnes St, Ida Grove 51445
- OABCIG High School – Ida Grove
900 John Montgomery Drive, Ida Grove 51445
ph: 712-364-3371

Ridgeview (Early, Schaller, Galva, Holstein)
<http://www.rvraptors.org/Home>

- Schaller-Crestland Elementary; 300 S Berwick, Schaller, IA
ph: 712-275-4266
- Ridgeview Middle School; 310 W Main St, Early IA
712-273-5185
- Ridgeview High School; 519 East Maple St, Holstein, IA
ph: 712-368-4353

Kid's world Inc. Preschool see page 21

Head Start Preschool see page 21

Helping Hands Preschool

1112 Bailey Street, Sac City, IA 50583

ph: 712-662-3298

DHS Licensed Preschool serving three year old children.

Iowa State University Extension

Sac County Office, 620 Park Ave , Sac City IA 50583

ph: 712-662-7131; Fax: 712-662-7133

Website: <http://www.extension.iastate.edu/sac/>

Research-based, non-commercial information for families (nutrition, family life, money management, etc), youth (through 4-H and other programs), agriculture, communities, and business and industry.

Specific services include workshops, publications in print and on-line, individual consultation and more.

Iowa Central Community College

(campuses located in Fort Dodge, Storm Lake and Webster City)

Fort Dodge: 515-576-7201 or 800-362-2793

330 Avenue M, Fort Dodge IA 50501

Storm Lake: 712-732-2991

916 Russell St, Storm Lake, IA 50588

Website: <http://www.iowacentral.edu/>

Des Moines Area Community College

(campuses in Ankeny, Boone, Carroll, Des Moines, Newton, more)

515-964-6200 or 800-362-2127

www.dmac.edu

Prairie Lakes Area Education Agency

500 NE 6th St, Pocahontas IA 50574

Main Office: 712-335-3588 or 800-540-3858

Lending Library for Teachers: 800-594-9494

Regional support system for K-12 school districts, providing special services, training, and technical assistance for school staff, students, and their families.

Public Libraries

Auburn Public Library –209 Pine – 51433..... 712-688-2264

Early Public Library –107 Main St – 50535..... 712-273-5334

Lake View Public Library –202 Main St – 51450.....712-657-2310

Lytton Public Library –118 Main PO Box 136 – 50561...712-466-2522

Odebolt Public Library –200 S Walnut -51458..... 712-668-2718

Sac City Public Library –1001 W Main – 50583.....712-662-7276

Schaller Library –103 S Main PO Box 427 – 51053.....712-275-4741

Wall Lake –116 Main – 51466.....712-664-2983

Legal

➤ **Iowa Legal Aid**

Northwest Iowa Regional Office, 520 Nebraska Ave, Sioux City IA
ph: 800-532-1275 application line or 800-342-9229

<http://www.iowalegalaid.org/>

Legal representation for low-income Iowans in selected situation.
Information available on-line, in English, Spanish, Chinese, and
Bosnian. On-line chat also available.

➤ **Legal Hotline for Older Iowans 800-992-8161**

<http://www.iowalegalaid.org/>

Hours: 9:00 – 4:30 M - F

A project of Iowa Legal Aid. Provides free, confidential legal advice
and other services to Iowans age 60 or older. Information and advice
about noncriminal issues, including: Consumer & Finance, Housing,
Family Law, Grandparent Visitation and other issues, Individual Rights,
Wills and Life Planning, Health Care, Public Benefits Nursing Home
and Long Term Care.

➤ **Iowa Concern Hotline 800-447-1985**

www.extension.iastate.edu/iowaconcern/

Free, confidential 24/7 hotline to assist with issues causing stress,
including financial, legal and other issues. Attorney on staff to provide
legal information. Operated by Iowa State University Extension.
Information and live chat available on-line.

➤ **Office of Ombudsman**

ph: 515-281-3592 or 888-IA-OMBUD (888-426-6283)

Email: ombudsman@legis.iowa.gov

<https://www.legis.iowa.gov/Ombudsman/>

A legislative office established to investigate complaints and answer
questions concerning most state and local government agencies.

➤ **Iowa Attorney General Consumer Protection Office**

ph: 515-281-5926 or 888- 777- 4590

Email: consumer@iowa.gov

Information and enforcement to protect consumers from fraud and
ensure fair competition. The Attorney General's office also helps crime
victims, raises child support awareness, and provides other legal
services to the state of Iowa.

Iowa Attorney General Main Office

Ph: 515-281-5164 www.iowa.gov/government/ag

Website: <http://www.iowaattorneygeneral.gov/>

Sac City Churches

- **Church of Christ** South 15th St and Audubon, 712-662-7714
- **First Christian Church** 521 Park Avenue, 712-662-7996
- **First Presbyterian Church** 812 Audubon Street, 712-662 4304

- **St. Mary's Catholic Church** South 12th Street, 712-662-4371
- **St. Paul's Lutheran Church** 1112 Bailey Street, 712-662-7029
- **St. Peter's Lutheran Church** 3541 300th Street, 712-662-7392
- **United Methodist Church** 900 Main Street, 712-662-7436

Service Organizations

Kiwanis - Focuses on changing the world by serving children one child and one community at a time. Lunch and meetings are every Monday at noon at the Sac Community Center. Website has current contact information at:

<http://www.saccitykiwanis.org/>

Lions - The Lions are an international club whose purpose is to empower volunteers to serve their community, meet humanitarian needs, encourage peace and promote international understanding. Meetings: second and fourth Tuesday 7pm at the Community Center. Services for visually impaired individuals are the focus of the Lions. They sponsor leader dogs through the Rockwell City Correctional facility, collect used eye glasses, and provide college scholarships. Fund raising is through their famous omelet breakfasts.

WaTanYe – This club focuses on supporting the activities of the community by scholarship for seniors, support to the Sac County Mentoring group, volunteering at Park View Rehab Center and many more activities. They raise funds through running the snack shack at the summer ball fields and a soup supper. They meet the third Wednesday of the month at Loring Hospital at 6pm. A supper is catered.

After 5 Club is a group of Christian women that meets at 7pm either the third or fourth Monday of each month at the First Christian Church. There is a catered meal and inspirational speakers. Their focus is to promote local businesses and school projects.

Partners for Progress The purpose of this group is to help all people in the community to thrive. Funding is through a grant from the Northwest Area Foundation. Working in conjunction with the ISU Extension they have sponsored VITA (Volunteer Income Tax Assistance) free income tax preparation service for low to moderate income people. They work with the Senior Center group to improve their facility and services to the community. Also each year they have held a "Free Cycle Saturday". This big garage-like sale fills the Chautauqua Building with useable items donated by the community to be given away free to others in the community. Contact Carol Groen at 662-4404 or Sue Peyton at 662-3507.

Contact information for service organizations on pages 27 and 28 is available by calling Chamber- Main Street (712) 662-7316.

PTO- Parent Teachers Organization - Monthly meeting for this group vary to accommodate the schedules of their member. Their purpose is to support the school, teachers and student of the area. They raise funds and supply the “extras” that the school budget can’t stretch to cover. Contact the school at 662-7200 for current leader.

Men’s Club- Service to the youth of the community through providing activities and learning opportunities is provided by this club. They sponsor the punt, pass and sprint contest, bicycle rodeo, drive, chip and putt contest, sandbox fill, scholarships, and Christmas gifts to the outreach center. Fund raising is by soup and pie sales and hoagie sales, with proceeds used for community events and projects, and Men’s Club activities. Meetings are held at the New York Life Insurance Office on the 4th Tuesday at 7pm.

Red Hat Society- Each member of this women’s club wear a red hat and purple dress and proceed to nurture their latent eccentricities by embracing their own spirit of fun. They are led by the Queen Mother Diana Sorensen and meet on the fourth Wednesday of each month at the Hub.

PEO - This philosophical organization promotes education by sponsoring scholarships for traditional and non-traditional individuals looking to further their education. Meetings are held in the member’s homes on either the first or third Monday of each month.

Young Professionals Group -The mission is to develop, connect, empower and retain young professionals through increased opportunities and resources to enhance business success within the region of Sac County. Meeting sites vary. For more info check out their Facebook page-Sac County Young Professionals.

Sac Community Center - offers many services for business and recreational needs. Daily fees and membership options are available for usage. The facility includes an indoor pool, gymnasium, weight and exercise rooms, and racquetball courts. There is also a conference room and kitchen available for rent. Check them out at <http://saccommunitycenter.com/> or call 712-662-4553.

Chamber-Main Street Sac City - The mission of Chamber-Main Street Sac City is to promote the economic, social and political life of Sac City and its surrounding trade area. Goals are: to establish and sustain a revitalization program which reflects community spirit, involvement, and positive attitudes; to strengthen and broaden the economic base of Sac City; to improve the physical appearance of the commercial district using downtown as an initial focal point; to market Sac City through innovative promotions and activities in the commercial district and to showcase the unlimited advantages of Sac City. Website: <http://saccity.org/> for more information, call 712-662-7316 or e-mail saccitymainstreet@prairieinet.net

Sac County Child Abuse Prevention Council – The purpose of the Council is “to promote positive and safe environments for the children in our community through Public awareness, education, and services designed to prevent abuse and neglect”. The council meets bi-monthly, contact 712-662-3880 for additional information.

Sac County Wellness Coalition – Promoting wellness for Sac County residents. Email: sacowellnesscoalition@gmail.com or Facebook page for more information.

Contact information for service organizations on pages 27 and 28 is available by calling Chamber- Main Street (712) 662-7316.

Important Numbers

Fire and police emergency – 911
Social service resource and referral – 211
(or www.211iowa.org)

Domestic Violence/Sexual Assault Crisis line
877-362-4612 (24 hours/day)

Statewide Child/Dependent Adult Abuse Hotline
800-362-2178 (24 hours/day)

Iowa Concern Hotline
(for stress, financial and legal issues)
800-447-1985 (24 hours/day)